

WORLD'S HOME MAGAZINE.

"A Ragtime Girl."

The Soulful, Strong Sensible Woman Was the Love-Hungry Man's Real Ideal.

BUT HER LAUGH WAS MECHANICAL.

So He Figured that He Would Not Do and Gave Himself to "Little Sunshine."

By F. H. LANCASTER.

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THAT was what he had called her—"A Ragtime Girl!" And everybody agreed. No sustained theme or lofty symphony here—only taking bits of brightness.

Much merry laughter and gay chatter, sweet sunshine in the shadow, sweeter song in the silence, but of no practical value.

Quite ignorant of the ethics of money making or soul saving, in short, posted upon precious little save the science of being gladhearted—and of making others so.

Occasionally God sends such a sunbeam to dwell among us—and the man had called her a ragtime girl. Lifting his lip a little, not in contempt, for he was a gentleman, but with a sensation of superiority that sat smiling to his egoism.

His ideal woman was strong, serene, soulful and many other of these big things that are so apt to spell success. "Quite saturated with a purpose in life, and bending all her energies to its accomplishing."

Which, being interpreted, means sel-

makes a brilliant psychic reflection. But the woman lost it all to the world by smiling absently and plunging into her office.

The man slammed his door and flung his hat on the table.

"Plague take it!" Here he was ready to shoot and nobody to watch him! Not that he voiced any such reproach on Providence. Not in the least given to doing or saying silly things, it never occurred to him or to any one else that he could be swayed by so slight an annoyance. His pen plodded on patiently and document after document took shape with all the precision required by law, yet one thought lurked among the gray cells of the man's brain and at last won its way into muttered speech.

"Good Lord! The idea of living day in and day out with a woman who only smiled when she happened to think about it!"

It was an hour before dinner, but the man got up and went out with the brisk step of one going to keep an appointment. Before he opened the street door his ears were straining for a cer-

THE GIRL'S CONFUSION.

SECOND ARTICLE OF THE SERIES.

HOW TO BRING UP A BABY.

BY HARRIET HUBBARD AYER.

HIS BATH AND HOW TO HOLD HIM.



Do you hear the flutter of the stork's wings near your door? Are you thinking with wistful yearning of the precious little burden he will soon lay within your arms? For you and for all people who feel an interest in the babies—the babies who will bless or curse the world as future citizens—this series of talks is intended.

Every baby should have a daily full bath and at least a thorough all over wash off each night. The new baby takes his bath in a basin for the first two weeks. Nothing but pure soap and lukewarm boiled water should ever be used during this period.

THE MORNING BATH.

When the healing is complete the baby's little bath tub should be ready for him at a regular hour each morning. Let no young mother think she may omit or shirk or postpone this important duty at her own pleasure or on the plea of the baby's being tired. The daily bathing of the baby is as necessary to his health and happiness as is the daily feeding. Contrast the baby fresh and clean and rosy every morning from his bath with the baby who receives only an occasional dabbled over with water. You will see a difference which in a few months, or even weeks, will be the difference between a vigorous, thriving, growing child and a continually "ailing" or "puny" and unattractive baby.

Before the bath begins the mother should have right at her hand every article she will require for the ceremony. When the baby is in the water is not the time to remember that she has forgotten the bath apron in which he is to lie on her lap when taken from the tub—or the peribook or the soap or the baby's warm, dry shirt. Everything necessary should be collected beforehand and ready for instant use.

A bath of three minutes' duration is long enough for babies under three months old.

TEMPERATURE OF BATH.

The temperature of the water should be between 95 and 100 degrees Fahrenheit. You can get a bath thermometer at the drugist's for a trifling amount. It is a simple matter to learn how to take the temperature. After the third or fourth month the time may be ten minutes and the temperature between 90 and 95 degrees. When the baby has had one birthday his daily bath should begin in water at 80 degrees and be finished in water at 80 degrees. The pouring in of cold water reduces the temperature gradually. A gentle rubbing with the hand while in the water increases the circulation and prevents any danger of chill.

Do not use a sponge in bathing. It collects impurities which never come out again. A very soft bit of old linen or a flannel, Turkish towel, washed clean and kept in a medium of incoherent speech and coherent pauses.

And the ragtime girl, knowing nothing of the analysis of sensation, the origin of emotion or the mysteries of magnetism, only that his lips were tender and that she loved him, yet him accepted the facts at their full face value.

TO CURE FEAR.

A healthy baby delights in his bath and is generally eager to feel the splash and the spray of the water about his little body. Some children, however, add a deluge of tears to their morning ablutions and protest with all their force might against being placed in the tub. In such cases there is usually a dreadful, unfounded fear of the water. If the sight of what inspires the terror is concealed, the fear itself gives way. Place a small sheet over the top of the

tub. Lay the child on this and lower him into the water. The bathing will then progress merrily.

After the bath the baby should be gently and thoroughly dried. Never let the baby be naked and uncovered on the lap. Wrap the warm towel around him at once and dry by patting rather than by rubbing. The bath apron shown in the illustration helps this drying process greatly and protects the mother's dress from even the slightest dampness. It is made with a soft, knit cotton back and is heavily fleeced on the face of it with downy cotton nap. It does not shrink when washed and remains always soft and pliable.

TO NURSH THE SKIN.

The folds of the skin, which chafe so easily should be anointed with a little vaseline. Baby powder dries the skin. Vasoline oils and nourishes it. Bathed and dried, the baby is ready to be dressed and fed. By some law of their little natures, babies almost invariably want to go to sleep directly after their bath. They will not go to sleep hungry, so the feeding after bath comes as naturally as the sleeping. Full instructions concerning the baby's diet will be found in a later article.

BABY'S NAP.

Laying the baby properly in his bed is not always an art known to mothers. There is a right and wrong way of doing this, just as there are right ways and wrong ways of holding him. Look at the pictures illustrating the correct way and see if you need a hint on this particular point.

Be careful not to lay the baby in an uncomfortable position. See that its clothing is smooth. Babies are like grown persons, they do not always want to sleep in one position. Turn the little form occasionally and be careful not to place the child so the ears are turned over or spread out. Many and many a man and woman has gone through life exhibiting almost a general in wide-spread ears that are modeled into their grotesque beauty-destroying shape by a careless nurse or mother.

AS TO DIET.

Every mother should nurse her own child if it is possible. And if her child is "an unfortunate bottle baby" she owes a double duty of tender, watchful care to as far as possible make up for the health and comfort of which her little body has been deprived. There are mothers who hold that milk is milk, and all sorts of it equally suited for the baby's bottle. No graver error in thinking was ever committed. Babies die of the score each week, each day. If the

causes of the deaths were closely traced, two-thirds of them would be found at the bottom of the milk bottles. Dirt, deadly microbes, disease and death—thus the dire list mounts up to its climax.

Agitation, education—and analysis—have done much for the purity of the milk supply in our large cities. There is room for vastly greater improvement. So long as the full stable-yard and filthy milk vessels dirty, rigid and unauthorized inspection mothers can hardly be too careful in insisting on milk for their babies which is neither adulterated nor diluted.

DANGERS TO AVOID.

It is safer to guard against the dangerous germs so often lurking in milk by utterly destroying them. Any mother can do this for herself. Sterilizing and Pasteurizing are the two methods employed.

Milk is sterilized when it has been heated to the boiling point (212 degrees Fahrenheit) and kept at this point for thirty minutes. It is Pasteurized when it is heated to 155 degrees Fahrenheit and kept thirty minutes at this temperature. Pasteurizing is the preferable method. It kills most of the germs effectually, yet does not materially affect the digestibility or the taste of the milk. If the children whose mothers read this series grow to look as healthy, happy and contented as the children I saw in that Nursery and Child's Hospital where the pictures illustrating these articles were taken, the helpful hints I gained about home-made Pasteurizing, &c., will have been passed on to some good effect.

This is the easy way to have a home-made Pasteurizer. You need not even buy a double boiler. Place the bottles, filled with milk and stoppered with absorbent cotton, in an ordinary agate basin or saucepan. Let this basin stand over a slow fire. A milk thermometer, which you can buy for a few cents, must be held in the water contained in the vessel. When this thermometer registers 175 degrees the milk should be removed at once from the fire and poured into as many bottles as there are to be feedings of the baby during the twenty-four hours. Place these bottles in cold water and let the temperature reduce rapidly to 155 degrees Fahrenheit. Keep the bottles on a dish in a cool spot, to be used as they are needed.

SEPARATE BOTTLES.

This rule concerning separate bottles for the baby's daily feedings is imperative. Nothing is more insensate or menacing to the child's well-being than the custom of refilling the milk bottle after the baby has emptied it without first thoroughly cleansing every inch of it. Milk bottles are cheap; each mother should have a plentiful supply of them.

The correct milk bottle is of an oval shape so that it presents no corners for germs to lodge and lurk in. The "graduated bottle" of this shape with measurements marked plainly on the side to aid the mother in preparing the baby's milk; a graduate bottle (the really right sort) is shown in the picture of the home-

made Pasteurizer. Side by side with it is one of the old-fashioned bottles with a long rubber tube. Mothers should show this tube and this bottle as they would shun a vial of the deadliest poison. Never allow the baby to drink from one.

THE CORRECT BOTTLE.

The correct oval bottle has a black rubber nipple, which can easily be turned inside out and washed thoroughly. Such cleansing should be given

every nipple after it has been used. A stiff brush is best for the purpose; the water used should be boiling and should contain a teaspoonful of borax to each pint. Let the nipples remain in a borax solution when they are not in use. Before placing them over the bottles rinse them carefully in very hot water.

The preparation of the baby's milk which is to go into the bottles should never be carelessly undertaken. "Mod-

ified milk" is the term applied to the preparation. It consists of cream or top milk, water, milk sugar and usually a little lime water. The proportions vary with the age and general condition of the child. Full formulas for various ages will be given in this series.

Mrs. Ayer's next article will describe Baby's Wardrobe, giving full instructions as to what articles are necessary for dressing him comfortably and inexpensively.

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